



Loudon County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Loudon County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Loudon County School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, physical activity policy, sick leave bank policy, nutrition policy, and mental health guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$3,834,817.

Community partnerships have been formed to address school health issues. Current partners

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| <ul style="list-style-type: none"> ➤ Health Education Alliance of Loudon (Health Improvement Council) ➤ Loudon County Substance Abuse Prevention Coalition ➤ Girls on the Run of Greater Knoxville (Health Educator was elected to the board in July) ➤ Teen Pregnancy Prevention Task Force ➤ United Way of Loudon County ➤ Hope Resource Center ➤ United Health Care Community ➤ UT Extension ➤ Salsaritas Restaurant ➤ Girls on the Run - at Loudon Elementary School ➤ Girls on the Run – at Philadelphia Elementary School | <ul style="list-style-type: none"> ➤ Girls on the Run – at Eaton Elementary School ➤ Three teachers (one from GBS and two from LHS) volunteer as adult sponsors for P3. They hold bi-weekly meetings with students in the group. They also volunteer their time for after-school and weekend activities ➤ Interagency (33 agencies represented) ➤ Loudon County Health Department (Health Educator, Immunizations, Tennercare, dental clinic, Tennecare, Volunteer State Health Plan, Coverkids) ➤ Lenoir City CSH ➤ Loudon County Education Foundation ➤ Ninth Judicial District, Attorney General ➤ Lenoir City Police Department ➤ Lions Club |
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| ➤ Loudon Police Department | ➤ Blue Cross/Blue Shield of Tennessee |
| ➤ Loudon Sheriff's Department | ➤ Ask a Nurse |
| ➤ Fuhrmeister's Catering | ➤ Mid East Head Start |
| ➤ Child Advocacy Center | ➤ Women's Wellness and Maternity Center |
| ➤ Well Child, Inc | ➤ East Tennessee 2-1-1 |
| ➤ Health Occupation students at Greenback High School and Loudon High School | ➤ Good Neighbors Shoppe |
| ➤ Monroe County Teen Pregnancy | ➤ Get With It |
| ➤ Loudon County Family Resource Center | ➤ Chota Health Systems |
| ➤ Lenoir City Family Resource Center | ➤ Good Samaritan Center |
| ➤ Safe Haven: Crisis and Recovery Center for Sexual Assault | ➤ March of Dimes |
| ➤ TVA | ➤ Healthy Families East Tennessee |
| ➤ Helpline | ➤ Loudon County Literacy Council |
| ➤ Loudon Parks and Recreation Department | ➤ East Tennessee Council of the Commission on Children and Youth |
| ➤ Loudon Volunteer Police | ➤ Tellico Village organizations |
| ➤ National Guard | ➤ Rotary Club |
| ➤ Second Harvest | ➤ Kiwanis Club |
| ➤ Epilepsy Foundation of East Tennessee | ➤ Just Wait |
| ➤ East Tennessee Children's Hospital/Safe Kids | ➤ Break the Cycle |
| | ➤ Angel Food Ministries |
| | ➤ Loudon County Government |
| | ➤ Cherokee Health Systems |
| | ➤ Wal-Mart |
| | ➤ TN Voices for Children |
| | ➤ Loudon County Literacy Council |
| | ➤ Rural Metro |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy School Teams, Family Resource, Girls on the Run, system's Family Engagement, system's CSH Advisory Committee, P3 program, Walk-a-thon fundraisers, and school health screenings. Currently, approximately 80 parents are significantly involved in CSH activities and programs and are collaborating with CSH. Many more are involved in specific events related to one of the CSH components.

Students have been engaged in CSH activities such as P3, Positive Peer Pressure at both Loudon County High Schools (Loudon and Greenback) and Lenoir City High School; middle school MP3 was introduced this school year. Girls on the Run, Health Occupation students help with health screenings and field day first aid stations, graphic arts student at Loudon High School created CSH related information. Approximately 176 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Loudon County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – most recent data is still being compiled and will be on this year's Data and Compliance report to be sent to the state

office after this report is sent. During the evaluation period 2003-2010, the total number of health screenings per year (vision, hearing, blood pressure, BMI, and dental) averaged 9556 health screenings per year (995,560). The average for past years for referrals was 5% (49,778);

Students have been seen by a school nurse and returned to class – the average number of student visits to a nurse was 5.5 visits per student between 2003 and 2010; 88.1% of students (1,695) seen by a nurse were returned to class in Loudon County;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI Data from 2009-2010 showed that the percentage of students who were either overweight or obese was 45%. Data from school year 2010-2011 showed that the percentage of students who were overweight or obese was 44%. The number of student at normal weight has ranged from 58% to 52% between 2003 and 2011 and averaged 54.58% during that time frame. Body Mass Index is a very difficult health indicator to change. It is best used as an indicator for program planning;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a CSH Staff Fitness and Wellness Center for the school system employees and students in the Alternative School, new ropes course playgrounds at all elementary Schools, Beanstalk Fitness Ropes courses at all Middle Schools, Wii and Wii Fit for all schools, climbing walls, new physical education equipment and curriculum for all schools, treadmills and elliptical equipment for high school students, and a new track is under construction at Loudon High School that will serve six school on the southwest end of the county and the community as a part of a diabetes prevention program;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: Child Abuse Awareness and Reporting, bloodborne pathogens, Cultural Diversity, MRSA, food safety, energy drinks, Olweus bullying, sexual harassment, discrimination, Michigan Model, mental health 101, Take 10!, SMART Moves, RHAT, CSH conferences, Safe Dates, Beanstalk Journeys Training, Beanstalk Fitness Ropes Course Trainings, CPR trainer classes for nurses and CSH coordinator, CPR classes for students and staff and faculty, School Health Index training, and Covenant Health Systems 10-K-A Day walking program

CSH has over the years provided full and/or partial funding for personnel to participate in the following state and regional trainings and conferences: Rural Health Association of Tennessee, Tennessee Association of School Nurses, TSNA Tennessee School Nutrition Association, ASNA American School Nutrition Association, Tennessee Association for Health Physical Education and Dance, Fit for the Future, American School Health Association, TSCA Tennessee School Counselor Association, CSH Conferences, Partners In Education, and a Tools for Schools: Indoor Air Quality seminar from the Environmental Protection Agency was provided twice to all Loudon County Schools and to neighboring school systems to help them asses and correct indoor air quality issues in their schools

School faculty and staff have received support for their own well-being through a system wide staff fitness center, 5K for staff and students, walking programs at schools, step aerobics after school, ongoing promotion of Get With It: nutrition and fitness classes that include: Aerobics, Steps Class, Total Body, Weight Training, Nutrition, Fit and Tone, Zumba, Walking, Body Sculpt and health screenings at schools, the staff fitness center and other sites in the community, health screenings at schools, Weight Watchers programs on site at schools, a Loudon County Schools team to participate in Leukemia Lymphoma's Team In Training Marathon/Half marathon, school faculty and central office teams for Race for the Cure, and a system wide Biggest Loser competition.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – a full time Health Educator was hired in 2007, staff and faculty have been trained in Michigan Model curriculum, Take 10! energizers, nutrition curricula, Safe Dates, SMART Moves, and health screenings;
- Physical Education/Physical Activity Interventions – Walking Works for Schools and other walking programs including Covenant Health Systems 10-K-A Day, and Walk Across America/Walk across Tennessee, Walking Around the World, increased weekly physical activity minutes to be in compliance with state law all schools meet the 90 minutes weekly, Beanstalk Fitness Playgrounds at all elementary Schools, Beanstalk Fitness Ropes Courses at all middle schools, BOOST UP/SMART moves training for all elementary schools, a new walking and running track is under construction to serve schools and the community on the west end of the county, and Fitness is Fun 5K Walk/Run with training sessions at some schools to prepare;
- Nutrition Interventions – Health Educator hired provides nutrition classes and trains staff, UT Extension/ TNCEP personnel provides nutrition classes and training teachers to teach nutrition, fried foods eliminated from school cafeterias, more salad bars introduced in school cafeterias, milk vending machines in selected schools, nutrition resources provide to physical education and wellness teachers, Got Milk campaign at Loudon High School, Project Diabetes grant activities initiated;
- Mental Health/Behavioral Health Interventions – professional development for teachers and counselors, addition of a school social worker for three years and social work interns from the University of Tennessee, and networking with mental health agencies for better understanding of services.

One of our greatest strengths is in the number and quality of community partners we have developed and worked with over the years. By cultivating relationships with community partners we have been able to bring resources to students, their families and to our faculties and staff which would not have had entrance without having a CSH Coordinator in place. We are proud of our great working relationship with the Loudon County Health Department and its director, who is very supportive of Coordinated School Health. Through Coordinated School Health, school nurses, administrators, school staff and parents are better informed of the services of the Health

Department for our students and their families. We have worked together for the past three years to administer the flu mist in our schools with has helped to improve the health of our children. We are working with the Health Department to provide diabetes prevention information and activities to our students and our community.

In such a short time, CSH in the Loudon County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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